



Warrior Adventure Quest is an Army RESET training tool designed to introduce Soldiers to activities that serve as alternatives to aberrant behaviors often associated with accidents involving recently re-deployed Soldiers. This tool presents coping outlets to help Soldiers realize their own new level of normal after deployment and "move on" with their lives.

WAQ combines existing MWR Outdoor Recreation high-adventure activities (e.g. rock climbing, mountain biking, paintball, scuba, ropes courses, skiing, zip lines, whitewater rafting and others) with a leader-led after action debriefing tool developed by Army Medical Department center and school.

Current offerings at JBLM during COVID:

- Paintball at the JBLM paintball field
- Skeet & Trap Shooting at Shotgun Shooting Complex
- Indoor Rock Climbing at Adventures Unlimited (McChord Field) or an off-base climbing gym.

For details on signing up your unit, call Outdoor Recreation at 253-967-7990.



JBLMmwr

